

# Broccoli Quiche

Meal Components: Vegetable, Grains, Meat / Meat Alternate

Main Dishes, D-08

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched 9-inch pie shell, unbaked (B-23)	3 lb 6 oz	4 each	6 lb 12 oz	8 each	<div><div>1.</div>For pie crust use recipe Bottom Pastry Crust (see recipe B-23). Prick the bottom and sides of pie shells. For 24 servings, use 4 shells. For 48 servings, use 8 shells.</div> <div><div>2.</div>Bake pie shells until lightly browned: Conventional oven: 425° F for 5-7 minutes Convection oven: 400° F for 5 minutes Reserve for step 7.</div>

Lowfat 1% milk		1 qt		2 qt	<b>5.</b> In a bowl, combine milk, eggs, salt, and pepper. Add onion and stir to blend. Reserve for step 8.
Frozen whole eggs, thawed	12 oz	1 1/2 cups	1 lb 8oz	3 cups	
OR		OR		OR	
Fresh large eggs		7 each		14 each	
Salt		1/2 tsp		1 tsp	
Ground black or white pepper		1/2 tsp		1 tsp	
Enriched dry bread crumbs	4 oz	3/4 cup	8 oz	1 1/2 cups	<b>6.</b> Combine bread crumbs and shredded cheese. Sprinkle 1 cup 1 Tbsp of this crumb mixture in the bottom of each baked crust.
Reduced fat cheddar cheese, shredded	14 oz	3 1/2 cups	1 lb 12 oz	1 qt 3 cups	
					<b>7.</b> Add 11 oz (2 ½ cups) of cooked broccoli to each crust.
					<b>8.</b> Pour 15 oz (2 1/3 cups) of egg mixture over the broccoli in each crust.
					<b>9.</b> First bake: Conventional oven: 375° F for 30-35 minutes. Convection oven: 350° F for 30-35

Reduced fat cheddar cheese,  
shredded

12 1/2 oz

3 cups 2 Tbsp

1 lb 9 oz

1 qt 2 1/4 cups

10. Top each quiche with 3 1/8 (3/4 cup) of cheese. Cover with foil.

11. Second bake: Conventional oven: 375° F for 15 minutes. Convection oven: 350° F for 15 minutes. Bake until knife inserted in center comes out clean. CCP: Heat to 160° F or higher.

12. CCP: Hold for hot service at 140° F or warmer. Cut each pie into 6 slices. Portion is 1 slice.

Notes
* See Marketing Guide

Marketing Guide		
Food as Purchased for	24 Servings	24 Servings
Broccoli	2 lb 10 oz	5 lb 4 oz
Mature onions	5 oz	10 oz

Serving	Yield	Volume
1 slice provides the equivalent of 1 ½ oz of cooked lean meat, ¼ cup of vegetable, and the equivalent of 2 slices of bread.	<b>24 Servings:</b> 9 lb 8 oz	<b>24 Servings:</b> 4 pans
	<b>48 Servings:</b> 18 lb 8 oz	<b>48 Servings:</b> 8 pans

Nutrients Per Serving					
Calories	333	Saturated Fat	7.38 g	Iron	1.66 mg
Protein	15.07 g	Cholesterol	79 mg	Calcium	372 mg
Carbohydrate	22.9 g	Vitamin A	1351 IU	Sodium	482 mg
Total Fat	20.41 g	Vitamin C	26.7 mg	Dietary Fiber	2 g